YOGA

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on. Save 20% when you register for two Session I classes or two Session II classes.

Please be sure to arrive a few minutes early and silence all cell phones to ensure that everyone experiences the most zen environment possible!

Payment Options:

Full-time Session: Sessions I & II: \$40 per session (resident) – or \$75 for both sessions

\$60 per session (non-resident) – or \$112.50 for **both sessions**

Full-time Session: Session III: \$68 per session (resident) \$102 per session (non-resident)

4-Class Pass (*Available Session III ONLY*): \$44 per session (resident) \$66 per session (non-resident)

Drop-In: \$14 (resident) \$21 (non-resident)

MONDAY VINIYASA FLOW YOGA

Day: Monday

Time: 5:45 p.m. – 7:00 p.m. * No class on May 29

Age: 16 & older Location: Activities House



Day: Tuesday

Date: Session I: May 2 - 23 <u>Course Code:</u> 17359

Session II: May 30 – June 27 <u>Course Code:</u> 17360 Session III: July 18 – August 29 <u>Course Code:</u> 17361

Time: 8:45 a.m. – 9:45 a.m. * No class on June 6

Location: Activities House

THURSDAY YOGA-PILATES FUSION

Day: Thursday

Time: 8:30 a.m. – 9:30 a.m. * No class on June 8

Age: 16 & older Location: Activities House

THURSDAY GENTLE YOGA

Day: Thursday

Time: 11:30 a.m. – 12:30 p.m. * No class on June 8

Age: 16 & older Location: Activities House

ASHTANGA ADVANCED YOGA

Day: Friday

 Date:
 Session I: May 5 - 26
 Course Code: 17368

 Session II: June 2 – 30
 Course Code: 17369

 Session III: July 21 – September 1
 Course Code: 17370

Time: 8:45 a.m. - 10:15 a.m. * No class on June 9

Age: 16 & older Location: Activities House

UNLIMITED YOGA

Day: Monday – Friday (attend any/all classes)

Session II: May 30 – June 30 Course Code: 1/3/2 Session III: July 17 – September 1 Course Code: 17373

*No classes: May 29, June 6 - 9

Time: Please refer to the times on the above individual class
Fee: Sessions I & II: \$80 (resident) \$120 (non-resident)
Session III: \$140 (resident) \$210 (non-resident)

Age: 16 & older Location: Activities House



Karate

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. Family rates apply!

Day: Tuesday and Thursday

 Session II: June 1 – 29
 Course Code: 17375

 Session III: July 6 – 27
 Course Code: 17376

 Session IV: August 1 – 31
 Course Code: 17377

Time: 7:15 p.m. – 8:45 p.m.

Fee: \$45 per session (resident) \$67.50 per session (non-resident)

Drop-in fee: \$6 (resident) \$9 (non-resident)

Family Rate: \$40 (resident) when 2 or more register for the same session

\$60 (non-resident)

Age: 15 & older Location: Kiwanis Center

Tai Chi

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft, slow-flowing movement and breathing, students will learn to concentrate thus reducing stress.

Day: Thursday

Time: 6:15 p.m. - 7:00 p.m.

Fee: \$40 per session (resident) \$60 per session (non-resident)

Age: 15 & older Location: Kiwanis Center

SELF-DEFENSE CLASS

ARE YOU PREPARED? In a real world situation, an attack is over within a few seconds. Would you know what to do? This class will prepare you with simple principles and techniques that will allow you to stop an attacker! Different modules will be focused on: women, children, and families. Parents/guardians will receive information from the National Center for Missing and Exploited Children.

Day: Tuesday

Date: June 20 Course Code: 17382

Time: 6:00 p.m. - 7:00 p.m.

Fee: \$6 (resident) \$9 (non-resident) Age: 15 & older (10 & older with registered adult)

Location: Kiwanis Center

FITNESS BOOT CAMP:

Want to get in shape for the summer!! This Class helps individuals live a healthy lifestyle through fitness as well as offering physical training activities. Class will meet twice a week for 6 weeks.

Day: Thursday and Saturday

Date: June 1 - July 8 Course Code: 17383

Time: 8:30a.m. -10:00 a.m.

Fee: \$35 (Resident) \$52.50 (Non-Resident)

Ages: 17 - 65

Location: McCurry Park

CARDIO FITNESS & SELF DEFENSE

Use Martial Arts to exercise and keep in shape while learning how to defend yourself. This class is designed for the Cardiovascular Fitness aspect of Martial Arts. The movements that are practiced and rehearsed are derived from Self Defense techniques of various different martial arts styles and systems. Burn calories, build strength, and develop flexibility.

Day: Tuesday

Session II: May 30 – June 27 (No class June 20)
Session III: July 11 – August 1

Course Code: 17385
Course Code: 17386

Time: 5:30 p.m. – 6:30 p.m.

Fee: \$40 per session (resident) \$60 per session (non-resident)

Age: 10 – Adult Location: Kiwanis Center

